



4V3 To Goal With Fixed Defenders

Date: **Aug 12, 2019**

Duration: **2X5 Min**

Team: **SoccerSpecific**

Intensity: ● (7/10)

Category: **Tech / Tact**



1

🕒 2X5 Min ↗️ 44X40

Setup: 4V3 to goal, yellow and green defenders are permanent. 2X5 minutes, offside rule applies.

Instructions: Attacker from side of goal starts with a pass out to the #9. Wingers from each side and the passer join the #9 to make a 4V3 to goal. After the play is over repeat starting from the other side.

Coaching Points: Attacking: Attack with speed, create 2V1's, movement to get behind, run at defenders, shoot if the defenders don't close down the ball. Defending: Disciplined positioning, cutting off shooting and passing lanes, knowing when to step to ball, blocking shots, holding an appropriate offside line.